



Hello from your Providence Health Coaching team

Welcome to Providence Health Plan! It's nice to meet you.

Ensuring the well-being of the community means everything — to all of us. Your Health Coaching team is here to help you accomplish your goals and build a relationship grounded in trust and support.

We're excited to introduce you to your **Health Coach, Colleen Kuhn.**



I have been with Providence since: January 2018

My health coaching philosophy is: I help people get the root cause of what is keeping them stuck in their eating and lifestyle struggles, not just manage symptoms. I understand the grapple with stomach issues, sugar addiction, low energy, emotional health issues such as anxiety and depression, the lack of trust in oneself, the exhaustion of yo-yo dieting and personal un-fulfillment. I offer trustable guidance in taking the shame out of the process to finally heal your relationship with food & find food freedom. My Trauma-Informed approach includes helping people create an energized & balanced body, mind & spirit through the healing power of food as medicine. I am so excited to be your guide in creating more hope, connection, self-fulfillment, peace with food, personal freedom & more possibility in your life.

My education/background is: Bachelor's of Science in Nutrition & Dietetics, National Board Registered Dietitian since 2011, specializing in plant based & vegan nutrition, continuing education in Internal Family Systems Therapy



I love my job, but here's a bit more about me.

If it's the weekend: Off on a self-development retreat or out in nature with my mini Austrian Shepard, Zinc.

Fun fact about me: I have a twin sister.

Thanks for the opportunity to partner with you. I look forward to getting to know you better, supporting your goals, and helping the community discover True Health together.

Colleen Kuhn

Colleen
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Hi there, I'm

Colleen Kuhn, RD, Health Coach

For more than 160 years, Providence has aligned under a common purpose: to bring True Health to each and every member of the community.

True Health is a commitment to caring for the whole self: mind, body, and spirit. The concept is rooted in the idea that the healthier each of us are, the healthier we all are.

We all deserve True Health.

